



Serving Sutter and Yuba Counties

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Air Pollution Control Officer

## Air Quality Advisory Valid for July 11 through 13, 2008

(Marysville, CA) –Air quality levels this weekend may fluctuate between moderate and unhealthy as they have for the past few weeks. Throughout the Sacramento Valley, pockets of ground level smoke and poor air quality remain. Residents are advised to take precautions and avoid voluntary outdoor activities if they see or smell smoke.

Particulate and ozone concentrations from the sensor in Yuba City can be viewed online at: <http://www.fraqmd.org/AQIndex.htm>. Follow the online instructions to calculate air quality levels as well as receive any precautionary actions applicable to that level.

Air quality will continue to be impacted as fires continue to burn throughout Northern and Central California. Meteorological conditions are keeping the smoke from wildfires at ground level in many areas of our region. Southerly winds may bring relief from high particulate concentrations this weekend, however smoky conditions are also possible.

Individuals who see or smell smoke should take the following actions to protect their health:

- Avoid voluntary outdoor activities if you can see or smell smoke, even if you're healthy
- Children, the elderly and people with respiratory or heart conditions should be particularly careful to avoid exposure
- Stay indoors with doors and windows closed as much as possible
- Asthmatics should follow their asthma management plan
- Contact your doctor if you have symptoms of cough, shortness of breath, or other symptoms you believe to be caused by smoke
- Those with heart disease should especially limit their smoke exposure since PM can cause heart attacks

The very small particles in smoke can irritate the lungs of even healthy people, but are especially dangerous for seniors, children and those with lung and heart disease.

Disposable particulate respirators found at hardware stores can be effective at reducing exposure to smoke particles as long as they seal closely to the wearer's face. Look for respirators that have two straps and have the words "NIOSH" and either "P100" or "N95" printed on the filter material.

For additional information on air quality health effects, please visit [www.fraqmd.org](http://www.fraqmd.org) or call the District office at (530) 634-7659.